



This Centre has a

# MUNCH MENU

Menus that meet the *Caring for Children* guidelines



Our menus have been developed on a four week menu cycle and assessed and approved against the *Caring for Children* guidelines and the Munch & Move Assessment Criteria of the Munch Menu Project.

Our nutritionally balanced and cooked meals come prepared by the qualified chefs from the Surf Club Restaurant and Bar and are delivered daily to the service. The service provides morning tea, lunch and afternoon tea. Lunch consists of a main meal with fresh fruit/vegetable or a dairy dessert to follow (menus and nutrition guidelines are available at the centre).



**6652 5656**

Open 52 weeks 7:30am - 6pm

From the ages of 0 - 6 Years

Email. [3bears cottage@live.com.au](mailto:3bears cottage@live.com.au)

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